Winnipeg metro

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Margaret Traverse, 77, offers condolences to Edee O'Meara, whose mother died on Mother's Day.
AUSTIN GRABISH/ FOR METRO

metroNEWS

# 'I DON'T WANT TO GO HOME IN A COFFIN'

## Lake St. Martin residents waiting to return, 5 years later

# Good throne speech, says Bowman

POLITICS

## Mayor happy to see tourism on the to-do list

Stephanie Taylor
Metro | Winnipeg

The throne speech delivered by new Manitoba premier Brian Pallister seemed to be music to the ears of our capital-city leader.

Mayor Brian Bowman told reporters that Brian Pallister's to-do list for the next year is good news for the city — this, despite the fact the Tory boss has not promised a new funding formula or spending that would put more money into the city's pockets.

"Make no mistake about it: This was a good speech from the throne for Winnipeg," Bowman told reporters, following Monday's event.

"There is going to be lots of room for collaboration."

Bowman touted the Tories' plan to offer municipalities a better seat at the table when it comes to decisions on civic issues such as infrastructure planning, pointing to the government's promise to make more "strategic investments in infrastructure."

He also applauded the increased focus on tourism, indigenous relations and open government. "These were themes I've been pushing for some time," Bowman said.

He showed little concern when asked about Pallister's lack of commitment to supporting rail relocation and the continued funding of bus rapid transit. "These are early days," he said. "The broad themes were very encouraging."

More coverage, metroNEWS

EMERGENCY IN ALBERTA Wildfire forces evacuation of camps north of Fort Mac | metroNEWS

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'I stand on the shoulders of giants,' says Canadian astronaut assigned to ISS. **Canada**

# Dancing back into schools

INDIGENOUS YOUTH

## Teenagers earn credits and will perform on a Toronto stage

Keanu Monias likes to crank tunes from Justin Bieber and Michael Jackson when he's in the mood to groove, but recently dancing has become more than a hobby. It's part of his curriculum.

The 16-year-old attends high school in the Garden Hill First Nation in northern Manitoba, one of four communities where indigenous youth are translating dance moves into credits — an initiative yielding even greater benefits beyond the classroom.

"It really helped me focus on my life," said Monias. "It makes me want to do something more than dancing. I want to be able to do different things, something that would make people smile."

Through the program Outside Looking In, professional choreographers have travelled regularly to each community over the course of the year. While there, they offer teens the chance to hone their artistic skills and enhance their overall education.

> **It makes me want to do something more.**
> Keanu Monias

"High-school dropout rates for indigenous kids are so much higher than the Canadian average," said program founder and CEO Tracee Smith, a member of the Missanabie Cree First Nation in northern Ontario.

"Being a dancer myself, I thought we need something else that's going to bring these kids through the doors of school every day.

"Music, dance is very much built into our culture as indigenous people. So I thought this is something that will draw them in, get them out of their seats, get them moving and, hopefully, give them a reason to come back to school or come to school every day."

Students from Lac La Croix First Nation and Wikwemikong Unceded Indian Reserve in Ontario and St. Theresa Point First Nation, Man., are also part of this year's program.

Beyond class credits, the teens will have the chance to bolster their performance resumés when they take to the stage at the Sony Centre for the Performing Arts in Toronto on Wednesday.

From an artistic point of view, Smith said she doesn't typically include a lot of traditional dance in the show. The teens mainly focus on hip-hop routines, with modern and contemporary styles also in the mix.

THE CANADIAN PRESS

**Top right:** Cheyanne Flett practises a dance for the Outside Looking In program. **Bottom left:** Sonny Mason practises at the Tim Horton Onondaga Farms in St. George, Ont. **Bottom right:** Cheyanne Flett, Gabriel Wood and Elyssa Flett of St. Theresa Point First Nations, Man., practise on Thursday.

HANNAH YOON/ THE CANADIAN PRESS

COUNCIL

## Wyatt calls for improved lawn care

**Stephanie Taylor**
Metro | Winnipeg

Perhaps it has been the years of fielding phone calls from upset residents, but Transcona Coun. Russ Wyatt plans to ask the City of Winnipeg to change how it cuts its grass.

He said the city's current schedule of mowing its lawns on boulevards and in parks every nine or 10 days is not enough to keep up with how quickly grass grows during May and June.

"It has to be changed because right now it's ridiculous," said Wyatt.

"In the next month, every councillor's office, their phones are going to be lit up with residents calling and saying, 'Why is the boulevard on a major street look so terrible?' 'Why does the park look so horrendous?'"

Many complaints come from sports teams that use the city's fields and say it's difficult to play when the grass is overgrown, he added.

Wyatt says he plans to table a notice of motion at Wednesday's meeting, asking city staff to re-examine its cutting schedule — with the potential to increase service — to the reduce the problem of overgrown greenery.

"I'm afraid the grass grows a lot faster than nine days in May and June. You can get away with that in August or July, but you can't in May and June," said Wyatt.

# Questioning all fire halls

PUBLIC SAFETY

## Study to advise which should be replaced, moved or cut

Stephanie Taylor
Metro | Winnipeg

The city's fire department is moving ahead with the next step of a plan that could change the number of fire halls in Winnipeg.

A request for proposals was issued Monday, seeking a consultant to compile data on fire and emergency response times for the Winnipeg Fire and Paramedic Service (WFPS).

**36**
**Number of fire stations in the city currently**

Department brass say they want to study the standards of response times to assist them with a plan for fire-station replacements and relocations.

The city currently has 36 fire stations.

Council approved spending $250,000 on such a study during budget deliberations back in March, while plans to consolidate fire stations and rejig resources were presented to a city committee last fall.

The city is looking for a comprehensive assessment of the WFPS, from its performance on emergency preparedness to finances to its staffing and equipment needs.

On top of this study, the city says further negotiations could take place for the consultant to work on the second phase of the fire department's overall master plan.

Although the department is months away from seeing the finished product, some St. Boniface residents have already begun to sound the alarm over the potential consolidation of Station 15 (Autumnwood) and Station 9 (Marion) in order to open a new facility.

"We need Station 9 on Marion because that's the chemicals unit," said Sandra Dupuis of the South St. Boniface Residents' Association, pointing to the 2012 Speedway International explosion as proof of need.

"Should they want to build or amalgamate and put the new fire station there with the chemical team, that might be OK."

Area councillor Matt Allard wrote in an email to Metro that, "If it must be done, I need to assure my residents, especially those near heavy industry in the St Boniface Industrial Park, that they will be getting the same or better levels of service as a result of any change."

Back in March, WFPC chief John Lane said a 2014 estimate pegs upgrades to those stations — which he said have the second- and third-lowest call volumes in the city —at upward of $2.1 million.

The city intends to pick a consultant by September.

> **We need Station 9 on Marion because that's the chemicals unit.**
> Sandra Dupuis

GRAPHIC: ANDRES PLANA/METRO

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Premier Brian Pallister speaks to media before his government's first throne speech. JOHN WOODS/THE CANADIAN PRESS

# Cutting waste 'urgent'

PROVINCE

## Health-care task force also a top priority: Throne speech

Manitoba's new Conservative government outlined its top priorities for its first months in office, promising to cut government spending and establish a task force to reduce health-care wait times.

In the government's first speech from the throne Monday, Premier Brian Pallister reiterated promises made during the recent election campaign that swept the Tories to office for the first time since 1999. The five-page speech was short by design, Pallister said.

"We need to focus on some key areas immediately. They're urgent. They're important," Pallister told reporters.

As promised, the government will conduct a "value-for-money audit" across the bureaucracy, with an eye to reducing spending by $50 million. The province will immediately take steps to join the New West Partnership trade agreement with Saskatchewan, Alberta and British Columbia and develop a literacy plan for students.

The throne speech also promised to reduce ambulance fees and establish a task force to "reduce the time that Manitobans spend waiting for specialized or emergent care."

### UNIONS

The Tories are also taking aim at unions early on, requiring a secret ballot for workplace unionization and allowing non-unionized companies to bid on government tenders.

There was no mention of rolling back the provincial sales tax hike that precipitated the decline of the previous NDP government, but the speech repeated the Tory promise to reinstate a referendum on major tax increases.

With a fiscal update coming on Wednesday and a budget May 31, Pallister said the focus of the new government is to reel in spending and eventually eliminate the deficit.

"You don't turn a canoe fast. There is a cargo there that we have to remember is precious, and that's our front-line services," he said. "These are course corrections. Correcting the course has to happen."

The throne speech suggested the Tories will begin consultations with the federal government and provinces to develop a climate-change plan that will include some form of carbon pricing and reduction of emissions. Pallister declined to go into detail about any elements of the plan, saying more research must be done.

"I'm not going to brainstorm with you today," he said.

THE CANADIAN PRESS


## TRANSIT TUESDAY
Weekly Transit News Update

### HARSHER PENALTIES FOR TRANSIT ASSAULTS

Winnipeg Transit will be rolling out a new awareness campaign to remind the public about changes to the Criminal Code of Canada (Bill S-221) which aims to further protect public transit operators. Under the new law, threatening or assaulting a transit operator shall be considered an aggravating offence by the court when imposing a sentence for the offence.

Bill S-221 amended the Criminal Code to create a new aggravating factor for the purpose of sentencing offenders convicted of five specific offences and where the victim was at the time of the offence, a public transit operator engaged in the performance of his or her duty. The five specific Criminal Code offences include:

- Uttering threats
- Assault
- Assault with a weapon or causing bodily harm
- Aggravated assault
- Unlawfully causing bodily harm

The "Your Next Stop" campaign features a photo of a jail cell with the following line, "Assaulting a bus driver could make this your next stop." The campaign will be seen on buses, transit shelters and benches.

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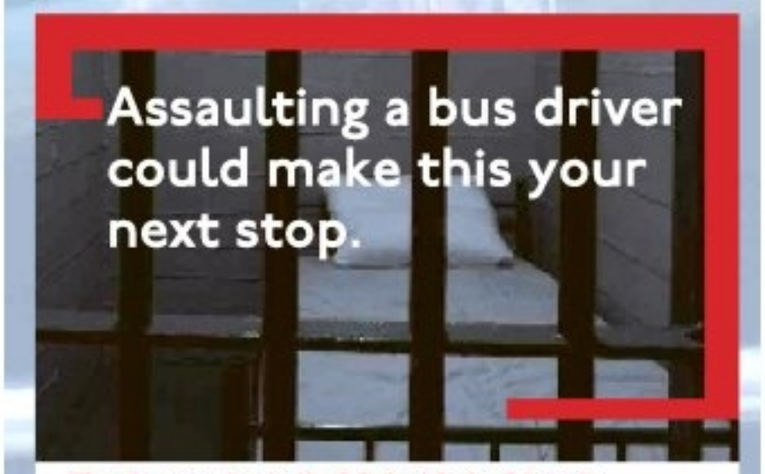


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# Flood victims hope to go home

LAKE ST. MARTIN

## Community left in limbo, suffers losses

**Austin Grabish**
For Metro | Winnipeg

**Edee O'Meara prepares the blanket to go over her mother's casket in the hotel room she lived in before she died. Shee Sheeb is the latest band member to pass away.** AUSTIN GRABISH/FOR METRO

Edee O'Meara stands in a hotel room preparing to say goodbye to her mom, wearing a shimmering black dress and new high heels.

Her mother Shee Sheeb, a Lake St. Martin elder, left specific instructions and a prepaid debit card for this night.

"She said make sure all my grandchildren are dressed nice." So, her three daughters are in "pretty dresses" for the funeral.

Shee Sheeb, known only on paper as Maryanne O'Meara, died in St. Boniface Hospital on Mother's Day. She had a heart attack in March and was suffering from anxiety. The 68-year-old is the latest band member from Lake St. Martin to die.

It's gone now, but a portable hospital bed once filled the cramped hotel room that Shee Sheeb called home.

O'Meara said her mom developed stress-related illness and anxiety two years after Lake St. Martin flooded in 2011, which left the band's 2,000 members homeless.

"She was a picture of health," she said. "If we were not evacuated we would not be doing this right now."

A ground-breaking ceremony was held last June to symbolize the rebuilding of the community. However, hundreds are still waiting for their homes to be rebuilt, and there is no firm completion date, according to the federal government. The province is also cutting a channel from Lake St. Martin to Lake Manitoba, to help it drain more quickly in times of higher water.

In the meantime, the community is suffering dramatic losses due to suicide and exposure to higher-risk lifestyles.

There's a knock at the door. Lake St. Martin's oldest elder Margaret Traverse, 77, arrives to offer her condolences.

Shee Sheeb's body arrives and is waiting down the hall outside. Women drum asking the Creator for help as the casket makes its way into the hotel's ballroom — the same room evacuees pick up their monthly living allowance. It becomes standing room only as hundreds arrive.

Standing before the casket, Lanna Moon, 7, sings, "I love my granny."

She's so small you can't see her at the back of the room, but her voice still manages to bring the room to tears.

"I don't want to go home in a coffin," said Traverse, staring ahead at the casket.

"That's what they all say," a relative next to Traverse replied.

WITH FILES FROM THE CANADIAN PRESS

WILDFIRE

## Rain helps lift evacuation order

Some property owners near the Manitoba-Ontario boundary who were recently forced from their homes and cottages by a wildfire are being allowed to return.

Provincial fire officials say an evacuation order for residents of Caddy and West Hawk lakes in Manitoba, and Ingolf, Ont., will be lifted Tuesday morning.

The order remains in effect for Nora, Florence and Wallace lakes, as well as the Beresford cottage subdivision in Nopiming Provincial Park.

Authorities say rain has helped crews gain the upper hand on the Caddy Lake blaze, but there has not been enough precipitation to improve the long-term fire picture and warmer weather is in the forecast.

**Cooler weather saw the Caddy Lake blaze brought closer to containment.** ONTARIO MINISTRY OF NATURAL RESOURCES AND FORESTRY

A wildfire burning near Beresford Lake remains at 750 square kilometres, with about 60 per cent of it contained on the Manitoba side of the boundary.

Travel and burning permit restrictions in eastern, central and western Manitoba have been lifted, but local municipalities may still have their own rules. THE CANADIAN PRESS


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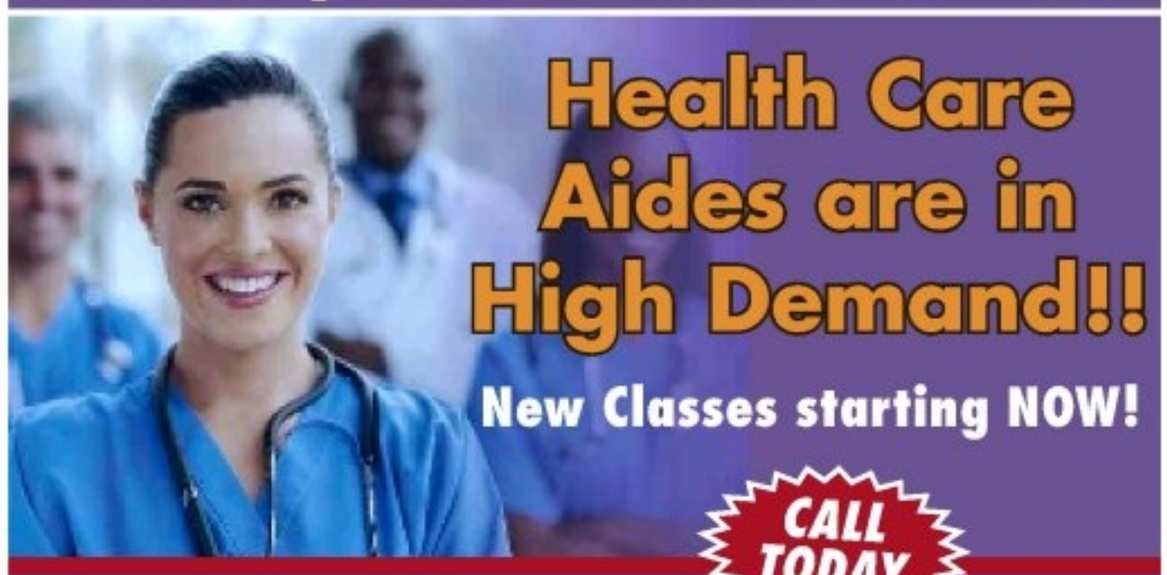

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# Wildfire threatens a dozen work camps

ALBERTA

## Evacuation described as a 'precautionary' measure

A harsh reminder of the perils still at play in the Alberta wildfires emerged Monday afternoon as employees at work camps north of Fort McMurray were moved out as part of a precautionary evacuation.

High winds spurred the quickly spreading wildfire as tinder-dry conditions persist in the region.

"Heavy smoke … does make it unsafe to fly in some spots, but we are able to still work the flanks and hope to pinch it off," said Alberta wildfire manager Chad Morrison.

"When you have this kind of extreme fire behaviour it doesn't matter what tankers you put in front of it, it doesn't matter how many helicopters, Mother Nature is going to want to continue to move that fire forward."

A fireball is seen as a wildfire rips through the forest by Highway 63, south of Fort McMurray, Alta on May 7. THE CANADIAN PRESS

The fire itself was about 20 kilometres away from the work camps as of Monday evening, but non-essential personnel left while others stayed to conduct work on the plant and engage in firefighting.

There are about 4,000 workers at 12 camps in the area, including many at Suncor and Syncrude.

Officials said another 500 to 600 people in four small camps along Aostra Road were under a mandatory evacuation.

Scott Long of the Alberta Management Agency said there was no panic and the evacuations were being done in an orderly manner.

"We're very hopeful that we'll be able to hold the line, but if not, we want to make sure that people's lives are taken care of."

"The big factor obviously for the folks on site is that they will see very, very, heavy, dark smoke," said Morrison.

The Rural Municipality of Wood Buffalo said the fire was moving 30 to 40 metres per minute and was expected to burn six kilometres in two hours.

"This controlled, precautionary evacuation is an example why it is not safe to be in the Regional Municipality of Wood Buffalo at this time," the municipality said late Monday.

"The facilities are not at risk," said Sneh Seetal of Suncor Energy. "However, we felt it was important to take these steps in the interest of putting people first." THE CANADIAN PRESS

SPACE STATION

## This mission 'makes Canada much bigger'

Quebec engineer and doctor David Saint-Jacques says he's not entirely sure why he was chosen to become the next Canadian to work aboard the International Space Station — but he'll gladly accept the mission.

"They had to pick one of us," Saint-Jacques said when asked why he believed he was chosen over his co-astronaut-in-training Jeremy Hansen.

"This is the first one and I'm looking forward for (Hansen) getting the next shot."

Saint-Jacques, 46, is scheduled to travel to space aboard the Russian Soyuz rocket for a six-month mission in November 2018.

"A mission like this makes Canada much bigger," Saint-Jacques told a group of schoolchildren gathered Monday at an Ottawa museum, where Minister of Science and Innovation Navdeep Bains announced the assignment.

Training for Saint-Jacques, who is a medical, engineering and astrophysics specialist, begins this summer in Canada, Russia, Japan and the United States.

"I stand on the shoulders of giants," he said. THE CANADIAN PRESS

EQUALITY

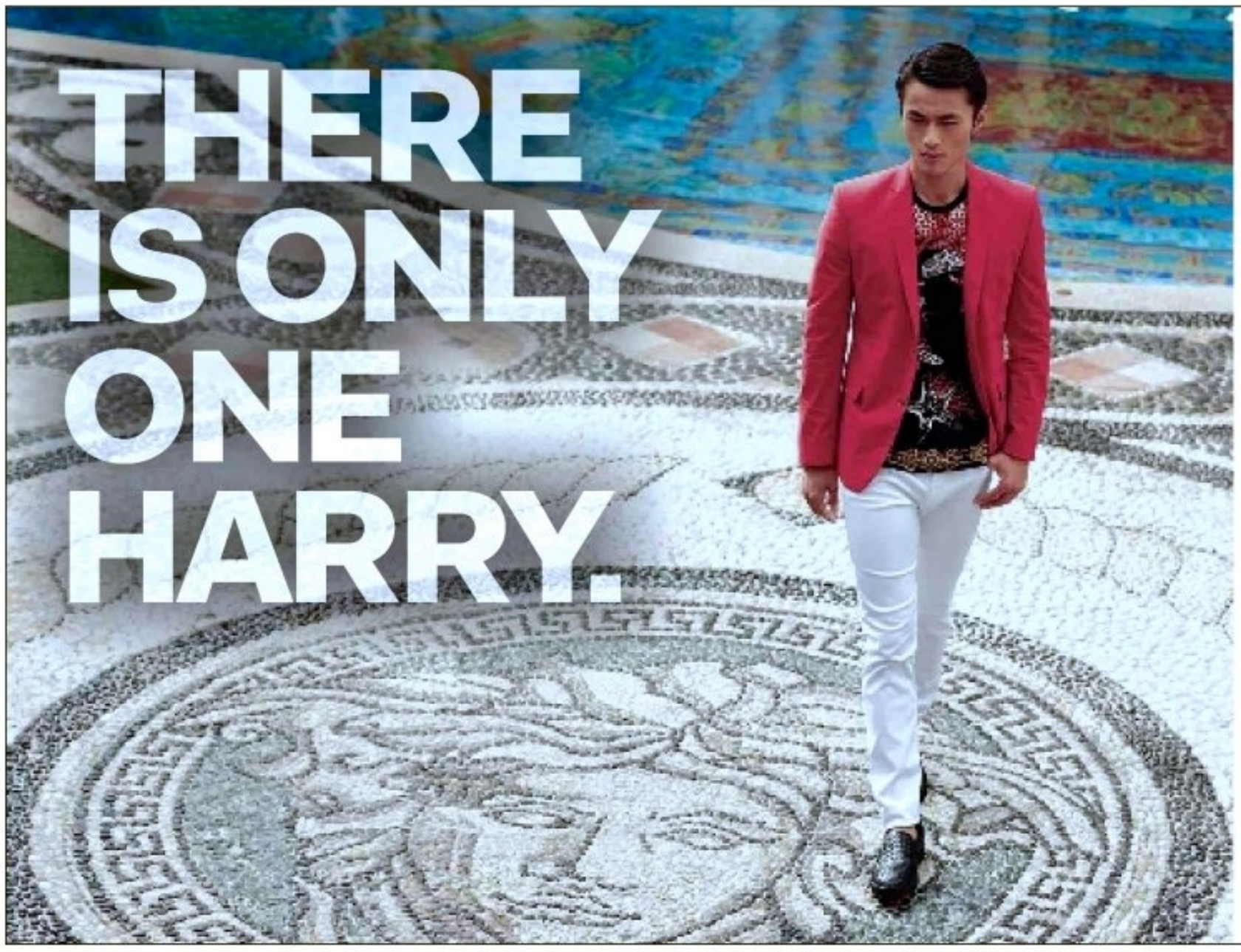
## Government to table new transgender bill

Legislation to extend human-rights protections to transgender Canadians will be tabled in the Commons on Tuesday, says Prime Minister Justin Trudeau.

Trudeau confirmed the news in Montreal on Monday as he received an award named after Laurent McCutcheon, a long-time gay-rights activist.

Tuesday happens to be International Day Against Homophobia, Transphobia and Biphobia.

"We must continue to demand true equality," Trudeau said. THE CANADIAN PRESS

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# UN pushes refugee education

SCHOOL

## New program aims to reach many of 20M displaced kids

Former British Prime Minster Gordon Brown on Monday announced the creation of the United Nations' first humanitarian fund for the education of refugee children.

Acting in his role as UN special envoy for global education, Brown said the fund hopes to reach many of the estimated 20 million school-age refugees and displaced persons around the globe who are being denied an education as part of "the largest population of displaced girls and boys since 1945."

Brown said the number of children who are missing out on schooling due to displacement is becoming a global crisis that will haunt the world for generations.

"When we ask ourselves what breaks the lives of once thriving young children, it's not just the Mediterranean wave that submerges the life vest and it's not just the food convoy that does not arrive in Syria, it's also the absence of hope — the soul-crushing certainty that there is nothing to plan or prepare for, not even a place in school," Brown said, speaking by telephone to reporters at the UN.

Children hold placards as migrants and refugees take part in a peaceful protest at a refugee camp near the northern Greek border of Idomeni on Thursday. THE ASSOCIATED PRESS

The initiative, entitled "Education Cannot Wait," will be formally launched at next week's World Humanitarian Summit in Istanbul and seeks to raise $3.85 billion from some 100 donors in the public and private sectors over the next five years.

The initiative, which has been in the works for three years, was inspired by the refugee crisis in Syria, but funds will be available for refugees around the globe.

Brown said that the vast majority of people fleeing the war in Syria remain in the region, and if parents believed their children could get an education there, they would be more likely to stay in place, rather than undertake the risky passage to Europe.

"We must meet our responsibilities to those people who are in Europe, who are refugees and asylum seekers, but we must at the same time recognize the biggest problem and the biggest number of people who need help, particularly children who need help, are in the region themselves. And if we do not act they will become victims of child labour, child trafficking and child marriage and they will be a discontented generation of young people, a lost generation," Brown said.

THE ASSOCIATED PRESS

**$3.85B**

Amount the "Education Cannot Wait" initiative will seek to raise from 100 donors over the next five years. The initiative will be launched next week in Istanbul.

## IN BRIEF

**Missouri doctors deliver baby after mother dies**

Missouri doctors managed to deliver a baby whose mother was killed in a crash on her way to give birth. Sarah Iler and the baby's father, Matt Rider, were headed to a hospital in Poplar Bluff when his SUV was struck by a tractor trailer, according to reports.

The collision pushed the SUV into the median, and Iler and Rider were ejected, police said Monday, and Iler was declared dead at hospital, where doctors performed an emergency cesarean section and delivered her daughter.

THE ASSOCIATED PRESS

**ISS makes 100,000th orbit**

It's 100,000 laps around Earth and counting for the International Space Station. NASA said these 100,000 orbits are akin to travelling more than 2.6 billion miles, equivalent to 10 round trips to Mars, or almost one way to Neptune.

Each orbit takes about 90 minutes; 16 orbits comprise a station day.

THE ASSOCIATED PRESS

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Canada



# Penis transplant is a first for U.S.

MEDICINE

## Cancer patient doing well after procedure, his doctors say

**Thomas Manning**, 64, is recovering well after undergoing the first penis transplant in the United States. GETTY IMAGES

A cancer patient has received the first penis transplant in the United States, a Boston hospital said Monday.

Massachusetts General Hospital has confirmed that Thomas Manning received the transplanted penis in a 15-hour procedure last week.

The New York Times first reported the transplant Monday.

Dr. Curtis Cetrulo, who helped lead the surgical team, tells the newspaper that normal urination should be possible for the 64-year-old Manning in a few weeks, with sexual function possible in weeks to months.

The Times reports most of Manning's penis was removed during his battle with penile cancer.

The world's first penis transplant was performed at the University of Stellenbosch in South Africa in December 2014.

That patient had his penis amputated three years earlier after complications from a circumcision performed in his late teens.

The university near Cape Town said in announcing the transplant in March 2015 that the 21-year-old patient, whose name was not released, made a full recovering following the nine-hour surgery and regained all function in the transplanted organ.

A man in China received a penis transplant in 2005. That operation also appeared to be successful, but the man asked them to remove his new penis two weeks later because of psychological problems experienced by him and his wife.

THE ASSOCIATED PRESS

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Truck driver Nadine Gauthier is working on behalf of Quebec's trucking association to encourage more women and girls to consider careers as truck drivers. PAUL CHIASSON/THE CANADIAN PRESS

# Trucking in need of new blood

EMPLOYMENT

## Industry struggling to attract young workforce

After 40 years as a truck driver, Jack Fielding says it's easier to name the places in North America where he hasn't been than the ones he has.

And after driving five million kilometres, the 57-year-old still enjoys the freedom of the road.

But as Fielding and thousands like him near retirement age, the industry is struggling to recruit young people who share his enthusiasm for the job.

This means the industry is facing a looming labour shortage that could reach 48,000 drivers by 2024, according to the Canadian Trucking Alliance.

The average age of a truck driver is over 47 and almost 30 per cent of the driving force is 55 or over, which makes it one of the oldest workforces in Canada, according to the organization's president.

"Tens of thousands of them are nearing retirement and we're not getting anywhere near our commensurate share of new drivers into the business," says David Bradley.

There are multiple reasons for the looming shortage, but many believe the lifestyle simply isn't attractive to a younger generation.

Fielding, for example, usually works 10-14 days straight, with three days off between trips. Schedules are not set in advance, and drivers often work 12 hours or more a day.

"You're not home with your friends on Friday nights having parties," he says. "If you have a family you might miss out on birthdays and things like that."

Bradley says this makes it harder to attract younger people or those with families, who tend to place a higher emphasis on work-life balance than older generations. THE CANADIAN PRESS

RETAIL

# Amazon to expand its online offerings

Amazon is planning to expand the store-brand items it sells to new categories including food and household products, according to a report by The Wall Street Journal.

The new products could include nuts and spices and other consumer goods such as diapers.

The Wall Street Journal report cites unnamed people familiar with the matter. Amazon.com Inc. declined to comment.

Amazon already sells an array of private-label products, or products designed by a third-party manufacturer and sold under a retailer's name — usually cheaper than name-brand products — but food would be a new category.

It has been making a push into the grocery aisle, however. It offers Prime Fresh, a $299 annual grocery delivery service, in several cities on the West and East Coasts. Currently, the Amazon Basics line includes everything from patio furniture to office products. It also sells clothes under its labels Lark & Ro and Franklin & Freeman and others.

In 2014, Amazon launched its own line of baby wipes, Amazon Elements. Amazon has limited sales of those wipes to members of its $99-a-year Prime program to encourage more shoppers to sign up. According to the WSJ article, the new private-label goods will only be available to Prime members as well.

The move comes as competition in the online grocery delivery sector is heating up. In addition to delivery services such as Fresh Direct and Instacart, Wal-Mart Stores Inc. last month said it's expanding its service that allows customers to order groceries online and then pick them up in the parking lot of their local store. That service, now available in 150 stores in 22 markets, will be offered in 200 stores in 30 markets. THE ASSOCIATED PRESS

## IN BRIEF

**April home sales set record**

The number of homes sold in Canada last month hit a record as supply tightened, particularly in Toronto, where a competitive market is dissuading homeowners from putting properties up for sale, the Canadian Real Estate Association said Monday. THE CANADIAN PRESS

## market minute

**DOLLAR** 77.54¢ (+0.23¢)

**TSX** 13,893.49 (+144.91)

**OIL** $47.72 US (+$1.51)

**GOLD** $1,274.20 US (+$1.50)

**NATURAL GAS:** $2.029 US (–6.7¢)
**DOW JONES:** 17,710.71 (+175.39)

metro VIEWS
Your essential daily news
Tuesday, May 17, 2016

## ROSEMARY WESTWOOD
### ON THE BATHROOM-LAW CONTROVERSY

# The "protect our little girls" argument allows some to equate their transgender neighbours with pedophiles, part of a larger narrative that trans people are to be feared.

Pity all the little boys in America.

Nobody, it seems, cares for them.

The raging debate over where transgender people get to go to the bathroom has made that fact, among others, abundantly clear.

Judging by the U.S. media fervour, it seems every reporter has been tasked with one goal: getting comment on the Obama administration's directive last week that all schools accommodate transgender students, including letting them use the bathrooms where they feel comfortable.

And for every microphone, there's been a call to save all the helpless girls of America. Take Ted Cruz's comments last month: "Have we gone stark raving nuts? Strangers shouldn't be alone in bathrooms with little girls."

Or this, from pastor Ron Baity in North Carolina, the state being sued by the federal government for a law that forces trans people to use the loo that coincides with the sex on their birth certificate: "He could be there to look at the anatomy of the opposite sex," Baity said, imagining a predator masquerading as transgender. "He could be there to bring damage to a young girl."

Like everyone else fuelling the uproar, he didn't bother to fear for the sexual safety of little boys. There are two reasons for this. The first is the sexist, and still widespread, idea that females are weaker and in need of more protection. The second is that people like Baity are simply anti-trans and are using their condescending concern for girls' welfare as cover.

**Treating people with respect and dignity shouldn't have to be legislated.**

**THE CANADIAN APPROACH** Prime Minister Justin Trudeau listens as he is presented with the 2016 Laurent McCutcheon Award for his commitment to fighting homophobia and transphobia, in Montreal on Monday. Trudeau later announced he would table legislation today aimed at protecting transgender rights. PAUL CHIASSON/THE CANADIAN PRESS

"What gets socially coded as fear is often just masked transphobia," Sheila Cavanagh, professor of gender and sexuality studies at York University, told the New Yorker this week. "People know that it's less acceptable to be transphobic than it is to say, 'I worry about the safety of my daughter.'" She also called the fear of fake transgender predators "far-fetched" and without evidence. Far better documented, she added, is discrimination against transgender people trying to use a restroom.

The "protect our little girls" argument also allows some to equate their transgender neighbours with pedophiles, part of a larger narrative that transgender people are to be feared. During On Point, a national radio call-in show last week, one man told the story of a transgender woman using a woman's changeroom this way: "They were just petrified, all ages, this big hairy guy walking around as if he had every right to do so."

We shouldn't be surprised that bathrooms are causing all this stir. They are a single point of public nudity in a culture that is terrified of its own genitalia and sexuality. And they have a history of being used for sexual fear-mongering, including in the racially segregated U.S. South, as Diane Ravitch noted in the Huffington Post.

Then, women's sexual vulnerability was invoked as cover for race-baiting. Now, for gender-baiting.

In keeping with the cliché, the deregulation of bathroom spaces in Canada has been quieter. The Vancouver School Board, the Toronto School Board, and the entire province of Alberta have all moved to allow transgender students to exercise their washroom choice, and some are adding more gender-neutral bathrooms. Many universities have similar policies. And while there has been some backlash (two Vancouver school trustees worried about scaring off international students), there's been little American-style drama.

At the heart of these changes is a recognition of the unique prejudices and discrimination faced by the transgender community. The Obama administration is trying to tackle that by reinterpreting the U.S.'s existing sex-discrimination laws in a way that addresses gender-identity issues.

In Canada, Prime Minister Justin Trudeau has decided a whole new bill is in order. Yesterday, he announced legislation to protect transgender Canadians from violence, hate speech and discrimination by adding "gender identity" as a protected category under the Canadian Human Rights Act. The legislations is expected to be tabled today to mark the International Day Against Homophobia, Transphobia and Biphobia.

It is a move whose importance cannot be overstated.

But treating people with respect and dignity shouldn't have to be legislated. It's common sense. So, too, are toilets everyone can use. It's not even a new idea. I had gender-neutral bathrooms in my elementary school classroom in the 1990s. I was a little girl.

And guess what, Ted Cruz? I was just fine.

# Downtown cycle grid: Build it quickly and they will come

**URBAN COMPASS**
**Colin Fast**

It's not often I'm happy to be stuck in traffic. But there I was a few weeks ago, on a busy downtown street, stopped at a red light, surrounded by other morning commuters, wearing a giant smile. I even pulled out my phone and started taking pictures I was so happy.

What made this commute so different from the thousands of other times I've been in gridlock?

Well, first, I was on a bike instead of in a car. And, second, I was in Calgary, test-driving the new downtown cycle track, installed last summer, that has quickly vaulted the capital of the Canada's struggling oil industry into being one of the most bike-friendly cities in the country.

The proof can be found on the sidewalks, where thousands of bikes were parked in front of office buildings all over downtown.

In fact, the number of cyclists in downtown Calgary has more than doubled in less than 12 months, according to the city. The morning I was there, the cycle track hit a record high for users. It was broken the next day.

The secret to Calgary's success was speed. Rather than gradually add a block or two of protected bike lanes every year, Calgary Mayor Naheed Nenshi championed an approach that saw an entire connected grid built on several streets in just a few months.

To accommodate the budget, the bikeways were built as "temporary" installations, with just a narrow curb and green paint separating them from parking and travel lanes. The very basic design allowed the project to be completed early and under budget.

And to deal with the inevitable howling about how more bike lanes would slow down traffic, the city called the whole thing a pilot project that will be reviewed at the end of this year. Based on what I saw, there's no chance these "temporary" lanes are going away.

Here in Winnipeg, efforts to replace the barely-there painted bike lanes downtown are rolling out in typical Winnipeg fashion — too slow and too cautious. The city has been doing public consultation on a protected-bike-lane project on Fort and Garry, and has budgeted money in 2017 and 2018 to get something built.

It's a nice start, but a couple of north-south lanes don't make a grid, even if they're attached to the existing lane on Assiniboine Avenue. To really improve mobility, a north-south connection is needed on the west side of downtown, along with east-west connections along roads like St. Mary's, Portage or Ellice.

Of course, suggestions to permanently convert a lane of Portage to bike traffic would likely cause mass strokes among motorists and some members of council. So maybe Winnipeg should follow the Calgary model, and build a basic bike grid that's cheap, fast and "temporary," to prove the value of protected lanes, and put a smile on the face of downtown bike commuters.

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Jolie 'disheartened' by U.S. response to migrant crisis, criticizes Donald Trump

# Codependency is not kindness

RELATIONSHIPS

## Beware when selflessness becomes selfish and irritating

**Katrina Clarke**
Torstar News Service

One of the defining moments in Michael DeCorte's life came in 2003 after visiting a sick friend in the hospital.

"When I was at her bedside, I thought to myself, 'It's a good thing I'm here right now because I look like a good friend,'" he said, noting he valued this woman because she was cool and beautiful. "(Being there) secured the friendship."

The friend called bulls—t. He was there to make himself feel better, not her, she said.

DeCorte identifies as a recovering addict of "codependent friendships," a term describing relationships in which one person regularly performs acts intended to earn approval from others, validating their own self-worth and avoiding conflict. Experts say it's a learned emotional and behavioural condition, more common among women, that can impede people from forming balanced relationships, but is not necessarily unhealthy.

Comedian and actress Whitney Cummings put a spotlight on the issue in a December article for Elle magazine and newsletter-slash-website Lenny Letter, in which she self-identified as co-dependent.

### SIGNS YOU MAY BE CODEPENDENT

**Think you might be too reliant on your friends?** Here are some red flags from Candace Plattor, an addiction therapist and author of Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction.

**You're constantly giving** in your friendships without getting much in return.

**You often feel you're not as good** as other people so you "play small" and make others' needs more important than your own.

**You are extremely uncomfortable with confrontation**; even when you feel disappointed, angry or resentful, you don't admit this to your friends because they might become upset or angry with you.

**You attempt to convince yourself your problems are not that bad**, rather than trying to change the dysfunctional dynamics in your friendships.

TORSTAR NEWS SERVICE

**Michael DeCorte, left, identifies as a recovering addict of codependent friendships. He meets his friend Liam McElheron for yoga in Toronto.** J.P. MOCZULSKI/ FOR TORSTAR NEWS SERVICE

"Essentially, if I drive you to the airport because you can't afford a taxi and I expect nothing in return, that's benevolent," she writes. "But if I drive you to the airport secretly hoping you'll like me, owe me, won't abandon me down the line, or to control your perception of me (i.e., I want you to think I'm nice), that's codependent."

In the article, Cummings details prioritizing buying expensive candles for friends over paying rent, helping mend friends' broken hearts when she didn't have time to floss, and focusing so intently on helping sick family members, she once contracted pneumonia without noticing.

"There's nothing wrong with being kind," said Darlene Lancer, a California-based marriage and family therapist and author of Co-dependency for Dummies. "But if you feel like you'd rather not but you don't feel like you can say no … then maybe it's a behaviour pattern, it's not coming from a place of conscious choice."

Lancer said examples of co-dependent friendships might include one friend often buying the other gifts without the gift-giving being reciprocated, regularly giving advice and feeling angry when the advice isn't followed, or feeling too guilty to say no to requests. But it's not necessarily harmful.

"It doesn't always create unhappiness," said Lancer. "In some older generation (couples) … the wife always does what her husband wants. She doesn't have much of a separate personality but it doesn't bother her because this is all she's known, or it's part of their religious or cultural ethos."

In fact, Lancer calls codependency "rampant" in modern society, but says codependent relationships have long been around. As women became more independent and society shirks patriarchal norms, codependent relationships were deemed problematic, she said.

Lancer points to childhood incidents or trauma to explain how the behaviour is learned; bullying at school, parental discord — especially if one parent starts relying on the child for support — or sibling abuse can all contribute, she said.

So how do experts say one can unlearn codependency in friendships?

"Counselling," said Candace Plattor, an addiction therapist based in Vancouver, who considers codependency an addiction. People who suspect they have codependent tendencies need to reflect on what is causing their behaviour, she said.

As for Michael DeCorte, a recovering addict, he suspects when his addictions were rooted in insecurity and self-centeredness. Once he gave up drugs and alcohol 15 years ago, he latched on to the next best thing to feed his needs — friendships.

And that sick friend who called him out? She dumped him as a friend, disinvited him from her wedding and left him in shambles.

But once the dust settled, he regrouped. Through work with psychotherapists and mentors, he now realizes popular friends won't give him the self-confidence or validation he craved.

RELATIONSHIPS

## The power of a meaningful friendship

Are you craving intimacy in your life? If so, it's probably not just the romantic kind, according to friendship expert Shasta Nelson. In her new book Frientimacy: How to Deepen Friendships for Lifelong Health and Happiness, Nelson talks about how to have lasting, life-changing relationships with your friends. We chatted with Nelson about what it takes to develop that sort of bond.

**In your book, you talk about an intimacy gap many of us feel in our friendships. What is that, exactly?**

It's the gap between what we wish we were experiencing in friendships and what we're currently experiencing. It speaks to the fact that we all know a ton of people — it's not a lack of a social life — but we're not feeling that our friendships are deep or fulfilling enough.

**Women are juggling busy careers, raising kids, spending time with their partners and maintaining friendships. Can they really have it all?**

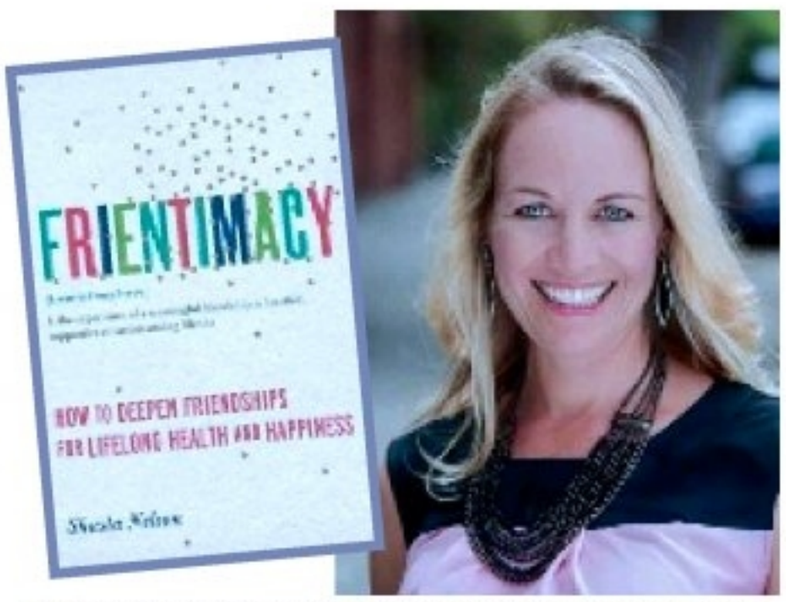
It's a great question. Women can't have it all at the same time, and we have to choose. We can't allow friendships to be a nice-to-have at the end if we get everything else done and have time. We're biologically wired to have friendships in our lives — it should be a top priority!

Our culture values productivity and consumerism, but I'm calling on women to be countercultural. Let's just go straight for the relationships and try to prioritize them. We're more likely to feel amazing when we're feeling loved and connected.

**If you could offer one key piece of friendship advice based on your research for the book, what would it be?**

I would say: Initiate the connection that you're craving with your friendships. If you want more meaningful relationships, it's in your hands.

TORSTAR NEWS SERVICE




**Initiate the connection you're craving with your friends, says Shasta Nelson, author of Friendtimacy.** COURTESY GUDMUNDUR IBSEN

**CANNES FILM FESTIVAL ETHIOPIAN-IRISH ACTRESS RUTH NEGGA** stars in Loving, a biracial love story based off true events that led to imprisonment, exile and ultimately exoneration in a 1967 U.S. Supreme Court ruling on marriage equality. "I fell deeply in love with Mildred and Richard and their story. I think we all just wanted to do them justice," she said of the couple. The Lovings were humble, reluctant heroes whose marriage was famously photographed in Life magazine with the headline "The Crime of Being Married." CIRONNEAU/THE ASSOCIATED PRESS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# LEARNING CURVE

## Find online education in key areas

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Robertson College Online is a successfully growing Canadian campus providing quality online post-secondary education in the areas of business, health care and information technology.

"Online education allows students with a variety of backgrounds and experiences to take courses and programs without some of the traditional barriers to attending, such as moving to the city or long commutes to school," says Keith McConnell, campus director, Robertson College Online.

"At Robertson, we recognize that everyone has the right to achieve post-secondary education and we try hard to provide an offering to meet the needs of the students and match that with industry needs to grow the knowledge of our communities."

To meet the diverse needs, Robertson College Online offers programs in key areas of the economy like business, IT and health care, with new programs being added regularly, such as the new accounting and payroll administrator program, and administrative professional/bookkeeper program.

"When a program makes sense to be delivered in an online format we make sure we can deliver a high quality experience that is the same as an in-person traditional campus program," says McConnell.

"To assist, we now offers 10 start dates a year for new students and programs, this helps us meet the needs of employers so that as you graduate you will be provided opportunities for employment in your field of study."

Online education is ideal for anyone who has other commitments during traditional school hours (8 a.m. to 4 p.m.) and wants to pursue a college diploma.

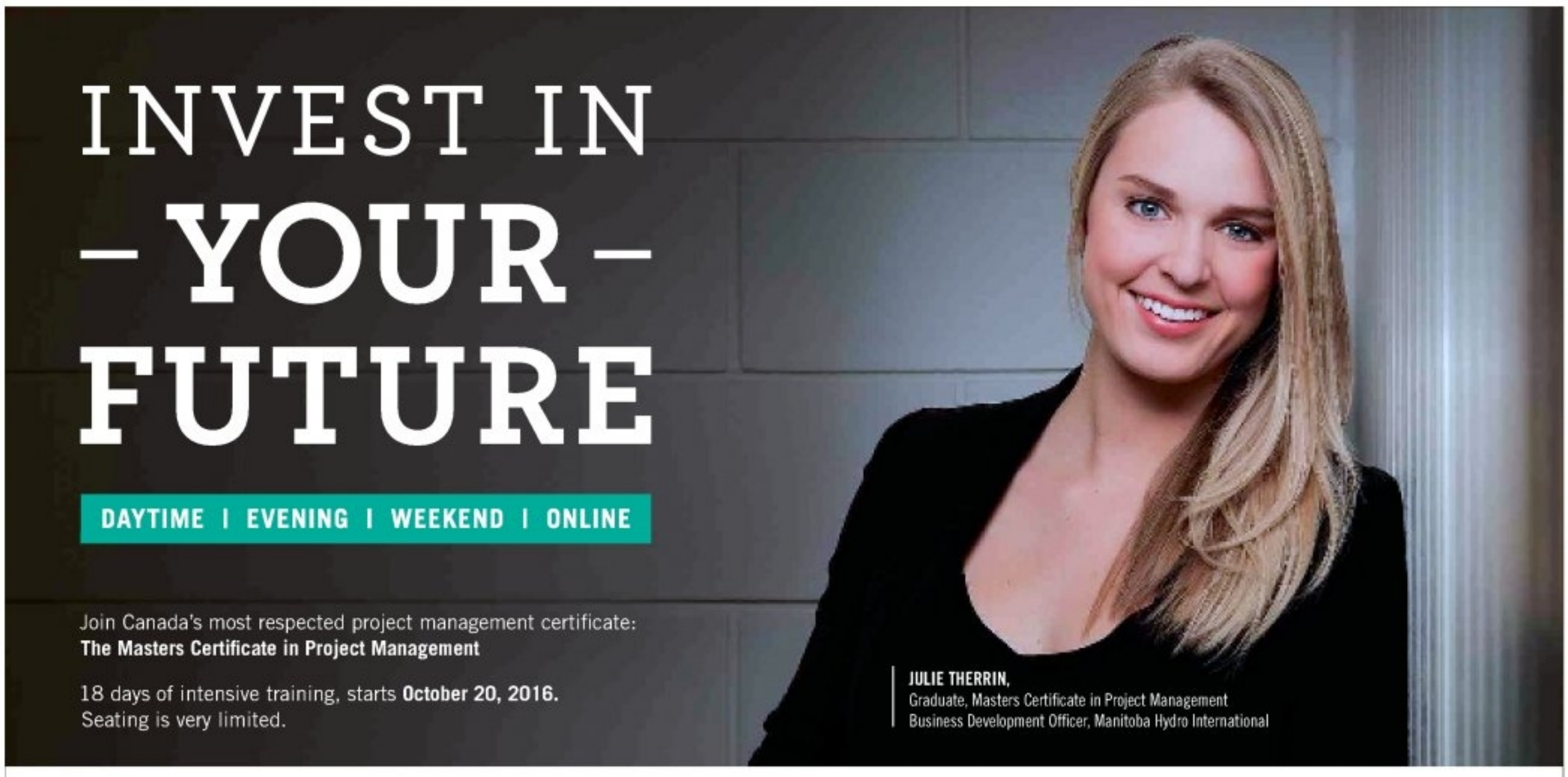
"The student is provided with a weekly structure to ensure they complete full time studies while providing flexibility to complete their studies based on their schedule each day," says McConnell.

Many of the Robertson College Online programs are eligible for provincial student aid funding as well as Canadian student loans.

In addition Robertson College offers no interest payment plans to eligible students.

All students receive one on one personal support by staff at Robertson College to assist them in exploring all the financial options available.

For more information about Robertson College Online and the programs available, visit robertsoncollege.com.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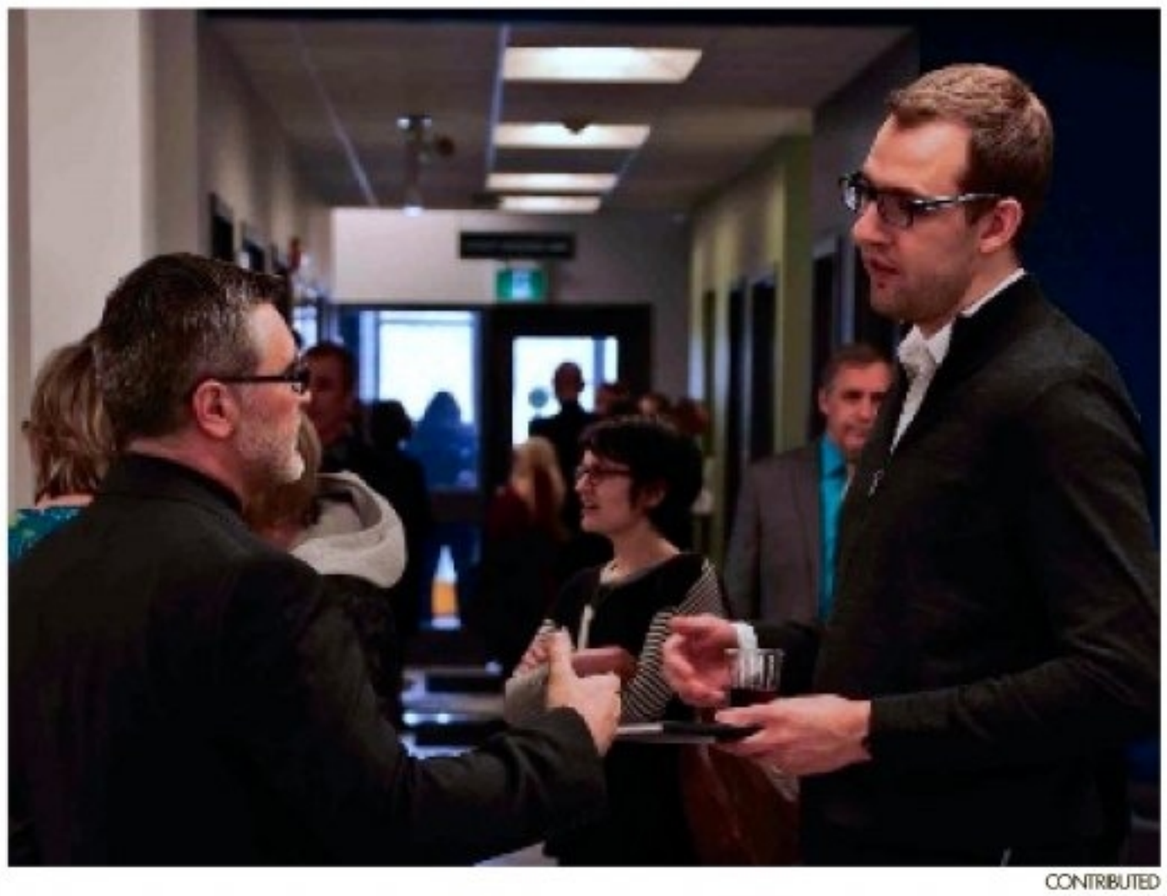
# The important partnerships between schools, employers



CONTRIBUTED

Partnerships between schools, employers, and funders within business communities benefit everyone, particularly students who are dedicated to improving their lives through advanced training.

For decades, the core value of regulated colleges like Herzing College has been the development of hands-on, marketable skills that enable students to access a network of business and organizational opportunities.

Regardless of their age, students need the support of their community to be successful in their efforts before, during, and after their training is complete.

"Working in education for nearly three decades has allowed me to see how our industry has evolved, but at the same time, I have seen that the key core values still remain the same," says Andrew Malazdrewicz, director of admissions at Herzing College.

"Herzing College is therefore dedicated to creating opportunities that allow all of these stakeholders to work together to support the individual student."

These networks include funding resources such as the Worker's Compensation Board, Training & Employment Services, and Manitoba Student Aid.

Funders can also include First Nations Communities, the Manitoba Metis Federation, and corporate sponsors.

Also critical are the relationships between high schools, adult learning centres, and post-secondary institutions.

Of course, the end goal is attaining gainful employment in the private and public sectors using the skills they have developed throughout their education and life experiences.

Employers must be considered to be as important to student success as funding and the education itself.

"Now more than ever before, it is of utmost importance to build bridges between all stakeholders that link to students at different stages of their educational plan," says Malazdrewicz.

"Long term success for a student will not happen without that student crossing over many bridges in pursuing career fulfillment."

That being said, Herzing College actively hosts Community Networking Mixers to foster these relationships and ultimately build the bridges.

The next community mixer will be held on May 27, 2016.

For those interested in attending, please contact Andrew Malazdrewicz at amalazdrewicz@wpg.herzing.ca

For more information about Herzing College, visit herzing.ca/winnipeg.

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"One of the things I love about carpentry — you're using your head on the job as well as using your hands," says Cal Wiebe, MITT carpentry instructor.

"There's a great deal of hand-eye coordination, but you also have to think in 3D, and visualize how things go together and anticipate what the next piece is."

MITT runs multiple classes a year in Carpentry Level 1, with about 20 students per class.

There are five sections to the training: fundamentals, foundations and floor framing, walls and roofs, exterior finishing, and, interior finishing.

Each program segment is five months and starts in either September or February, with students concluding their training by building a real house, under the close supervision of instructors and site foremen.

"Many students have a carpenter in the family such as a dad or uncle, or a neighbor who inspired them to pick up the trade," says Wiebe.

"They often say that they saw how much they enjoyed their job and that's what got them interested."

Along with learning hands-on skills, basic math is also part of the curriculum.

"Many people wouldn't think about math when they think about carpentry, but basic math skills are very important," says Wiebe.

"It really is 'measure twice, cut once' as the saying goes."

Like Wiebe, the instructors of the carpentry program are all highly experienced, with several decades of experience between them, both on the job and in the classroom.

"Some people may not like their jobs, but I really love mine because I know that when I walk onto a site or am standing in front of the classroom, you're always thinking, and then you have to put it all together — the students love that part too," says Wiebe.

"Some days, I can't believe I get paid to do what I love."

The next program start date is September, 2016. For more information about this program, visit.mitt.ca.

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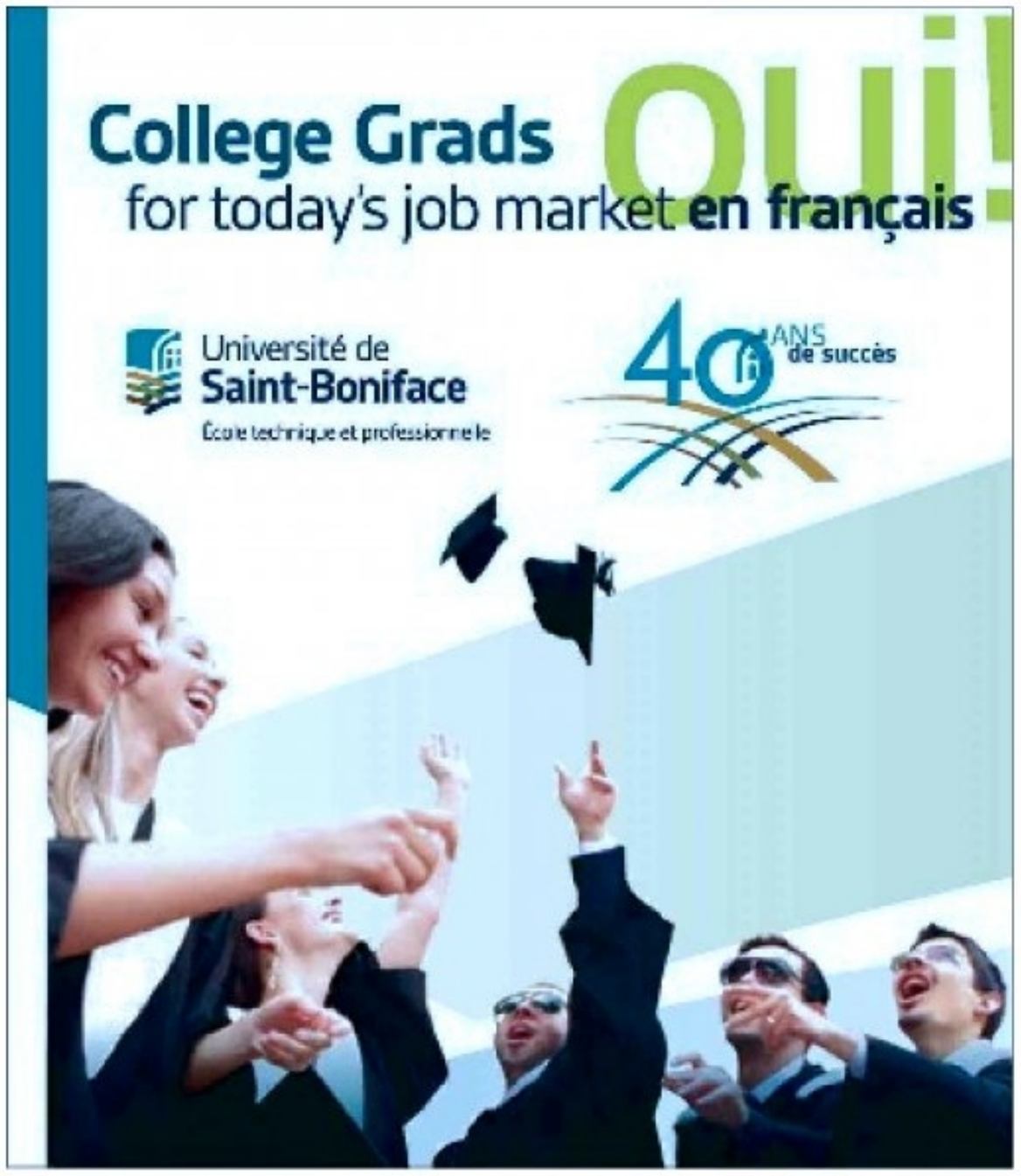




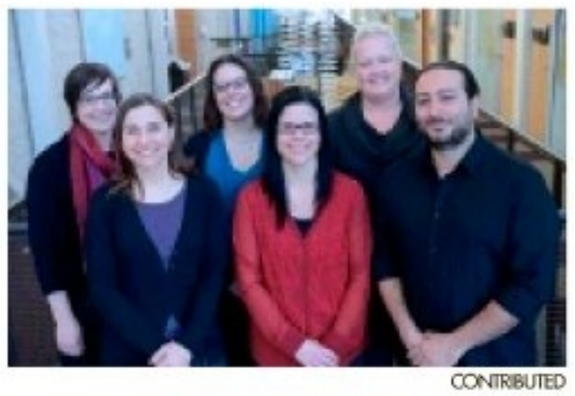


# PURSUE A CAREER THAT CATERS TO BILINGUAL CLIENTELE

While there are other technical colleges offering similar technical and professional programs, choosing Université de Saint- Boniface is wise for those seeking to pursue a career in French or with an organization that caters to a bilingual clientele.

"Among the students finding these programs rewarding are those who may feel that university programs are for them. Many want to prepare for something specific as there is more of a hands-on component with practicums that help reinforce the in-class learning," says Gines Combiadakis, instructor in early childhood education at Université de Saint-Boniface.

The technical and professional programs at Université de Saint-Boniface are comprised of three departments (business, technology, and health and community services) offering 7 programs in the areas of business administration, tourism, multimedia communication, computer science, health care aid, nursing (including the Licenced practical and the Baccalaureat nursing programs) and early childhood education. In addition, courses in health services management and one course in early childhood education are offered on-line.



CONTRIBUTED

This year also marks the school's 40th anniversary. While there are a number of smaller events occurring throughout the year to celebrate the 40th, the highlight will be the social evening held on Thursday, June 16 at 7 p.m. at Université de Saint-Boniface.

"Anyone with a link to the ETP is invited: past graduates, past and present staff, present students, community partners and friends of the school," says Combiadakis.

"I believe that 40 years of success and longevity worth noting and merits celebrating." For more information about the 40th anniversary celebration or Université de Saint Boniface, visit ustboniface.ca.

CONTRIBUTED

# Start a new career as a health care aide

Emotional intelligence is an incredible asset in a caregiving career. Just ask any health care aide.

It's a rewarding career option for those who take their work seriously, and strive to provide an extra layer of service for their clients — providing the most support not just medically and practically, but also emotionally.

A health care aide works on the front lines to ensure the comfort and safety of the people they care for.

The work can take you to many different settings, including long-term care facilities, home health care agencies, retirement homes, residential care centres, hospices and group homes.

Emotional intelligence as a care aide starts with understanding your clients' diverse cultural backgrounds, and tailoring your care to their different needs. Health care aides are responsible for nonviolent conflict management, palliative care and family support on a day-to-day basis.

Medical knowledge is also important to a caregiver. Health care aides must have a firm grasp of general anatomy and medical terminology.

The health care field is steadily growing as Canada's population grows, creating many new jobs.

A great place to start your career in this rewarding field is the Health Care Aide program at CDI College, which includes a mandatory clinical placement to help students learn real-world skills that will help them find meaningful employment.

To learn more about the Health Care Aide program at CDI College, call 1-800-675-4392, or visit study.cdicollege.ca

# BRING BEAUTY TO THE EYES OF YOUR CLIENTS

Beauty is in the eye of the beholder, and students of the residential decorating program at Red River College can learn how to bring this beauty to the eyes of their clients.

"The residential decorating program strives to introduce the students to professionals in different areas of the industry and offers the opportunity to work with real clients in their final third level of the program," says Josephine Pulver, professional interior designer and instructor for the residential decorating program, RRC.

"From tours, to guest speakers to their final project with a real client, students in the residential decorating program receive a "hands on" approach to their education,"

This program is part of Red River College's School of Continuing Education and began as a single decorating course that has since blossomed into a thorough overview of the stylistic field of the building industry of Manitoba.

The full-time program is five months long and offers the students basic training in various areas of the decorating field.

The students will learn how to create professional colour and pattern groupings, decorate with accessories, plan interior spaces, organize furniture layouts, create floor plans and elevations, create lighting plans, learn concept development and design process, understand business and professional development, sell services to clients as well as train on the CAD program 20/20.

Students of this program have gone on to complete work placements (optional one-month practicum), or have gained employment from the following local businesses; The En Suite, Floform, West Textiles, Budget Blinds and Inspired Drapes, Super Lite, Urban Effect Cabinets, Advance Electronics, Palliser, Curtis Carpets, Wicker World, Robinson Lighting, Jonathon James Co., ayoko design, and Charisma Design.

For those interested in the residential decorating program, the next information session will be held on May 18 or June 14 2016.

CONTRIBUTED

The sessions will be at the Princess Campus, 160 Princess Street, room P107 at 6:30 p.m.

The residential decorating program is also offered on a part-time basis and has been designed for students to complete within two years.

The next full-time class begins July 15, 2016. For more information, visit rrc.ca/dec.

RED RIVER COLLEGE | SCHOOL OF CONTINUING EDUCATION

Explore Residential Decorating

Pursue your passion and career in just five months.

Join us for a free information session to learn more about the program, and career paths in this creative field:

**Date:** Wednesday, May 18 and Thursday, June 14
**Time:** 6:30-7:30 pm | **Location:** P-107, 160 Princess St.

**For more information:** 204.694.1789 | cde@rrc.ca | rrc.ca/dec

# Complete your studies without full-time commitment

When Linda Menzies made the decision to enroll in Wellington College's distance education program, it meant leaving her family of four to travel 90-minutes one way between Morden and Winnipeg to attend school.

Because of the commitment to her family, she decided the distance education was the right choice for her and completed her diploma in remedial massage therapies in 2007 after three-years of part-time study.

Although the sacrifice seemed to be large at first, it has since paid off as she is now a registered massage therapist and owner of Morden Massage Therapy Centre in Morden, MB.

"Whether it's through a treatment, orthopedic brace, walker or compression stockings, my goal is to help people stay active and independent," says Menzies.

Morden Massage Therapy Centre also houses a store that supplies aids-for-daily-living.

Since completing her diploma, she has also earned her certification as a lymphedema therapist and combined decongestive therapist.

CONTRIBUTED

Through this training, she has become active in her community and speaks to groups about lymphedema and its treatment and on the MTAM board.

The three-year, part-time distance education program at Wellington was perfect for rural students like Menzies or for those wanting to change their career but can't commit to full time school hours.

Distance education students at Wellington College are only required to attend the seminar weekends once a month, while the remaining time will be spent learning online once per week from home.

Wellington has also implemented a three-week practicum following the completion of the program to gain clinical experience and be able to mentor under current massage therapists, also aiding in job placement post graduation.

Because Menzies values the distance education she received at Wellington College, her clinic supports massage therapy students who prefer a rural setting to complete their practicum hours.

The next intake for the three-year, distance education program is June 18 and 19 weekend.

Wellington College also offers a two-year, full-time program, with the next start date for that program being August 15.

Both programs only offer one intake per year.

For more information about the distance education program or Wellington College, visit wellingtoncollege.com.

# PROGRAM DEMANDING BUT 'HIGHLY REWARDING'

Danielle Keenan graduated from the University of Winnipeg's Professional, Applied and Continuing Education (PACE) public relations, marketing and strategic communication diploma program in October of 2015, which she said led to her landing a position that provides her with the ability to combine her love of politics and public relations.

Keenan is the communications assistant for the Honourable Jim Carr, the Member of Parliament Winnipeg South Centre.

Keenan says the PACE program was demanding but highly rewarding.

"You're essentially learning a four-year program in 13 months," says Keenan.

"Learning to prioritize, work within tight timelines, and consistently deliver quality work are all skills that are needed if you want to succeed in public relations."

She also says PACE is the perfect choice for someone looking to build on previous education and experience.

"The combination of small class sizes and a hands-on approach allows you to apply concepts you're learning to actual projects," says Keenan.

Gaining technical skills in the program has helped her overcome a hesitance to get creative with messaging — such as through photography and graphic design.

"I feel confident in my ability to create content, which is necessary in today's industry," says Keenan.

She now puts those skills to good use in her fast-paced position.

Every day is different and there is always a blend of responsibilities.

"There are days when I'm helping promote a new government announcement, organizing a community event, or hosting a media scrum," she says, adding that she also appreciates "the immense privilege of working with people who are committed to making a difference."

This program will prepare students to work as a public relations practitioner in a corporate or not-for-profit environment.

CONTRIBUTED

The next intake for this program is September 6, 2016 and concludes on October 6, 2017.

This full-time program also includes a four-month internship to give students an opportunity put their skills to the test in a working environment and develop a working portfolio.

For more information about the public relations, marketing and strategic communications diploma program at PACE, visit pace.uwinnipegcourses.ca.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# RVs share more than the road

**Will McGuirk**

**The RV lifestyle is one best spent with others.** ISTOCK

The Winnebago, for Winnipeggers, is more like a door to meeting friends for life and less a window on wheels to watch the world pass by.

Ask RV vets and they'll likely tell you la vida RV is a lifestyle best spent with others. Many RV owners frequent the same locales again and again to meet up with old friends.

Going to the same spots may seem counterintuitive to the idea of 'getting away from it all' but RV'ers settling down for the night and sharing the road stories around a campfire is one of the most fun aspects. In some cases, RV owners love it so much they become RV resort owners and settle down permanently.

Jackie Touchette of Cripple Creek Campground says her and her husband enjoyed the community lifestyle to such a degree that their dream was to open their own resort and live the life they love 24/7. They opened Cripple Creek in 2009 and, yes, they named it after the Neil Young and The Band's songs. They do have a creek that runs through it. They reference the musical waterway in their motto, "Up On Cripple Creek, Where Good Friends Meet."

"What we enjoy the most about the RV lifestyle is being in the outdoors with friends and family," said Touchette. "And always meeting new people from all over Canada and the USA."

RV/Camping enthusiast Sheri Crockatt, owner/operator of Rubber Ducky Resort and Campground located about halfway between Winnipeg and Lake Manitoba near Warren, opened the resort with her husband. They had spent a lot of their childhood camping and a resort seemed a natural fit for them and their property.

The campground experience was their common bond and she says she feels privileged to see their guests, many of whom she counts as friends, forge the same bond with each other, with some encouragement it may be added.

"I think one thing that helps to foster the relationships is the providing of activities and 'an excuse' to get out of your campsite. . . Camaraderie is now and has always been a very important part of camping. A campground is in essence simply a small community," she said.

That small community is what many RV'ers are seeking out on the road and when they find it, they put it in park and occasionally some never shift again.

# Maintenance and fire safety before hitting the open road

As thousands gear up for RV season there are a few practical maintenance issues to consider. After all, one wouldn't want to shut down out on the open road.

The maintenance schedule for recreational vehicles is much the same as it is for all vehicles (tune-up, tires, lights, fluids), but RV's contain one added maintenance check that could be the difference between life and death. Most RVs have a kitchen and mobile cookers that require the same vigilance as your every day house kitchen.

Fire Safety can be divided into two key areas: prevention and damage limitation.

### Prevention

- Maintain the RV's mechanical systems, such as radiator hoses, fuel lines, brake systems, transmission, etc., and keep them in good working order to eliminate any risk of leaks or malfunctions.
- Ensure extension cords for connecting your RV to a campground's 110v electricity supply is in good condition and of suitable gauge wire to handle the electrical load placed upon it. Replace damaged cords
- Check all electrical appliances for frayed cords.
- Install a fire alarm and a carbon monoxide detector, and change the batteries at the beginning of the season.
- Install a propane leak alarm at floor level, no more than six inches off the lowest level.
- Store all clothes, linens and other combustibles well away from the kitchen area.
- Ensure all cooking appliances, gas lines, pipes, connectors are clean and in good order.

### Damage limitation

- Check cell-phone coverage, check for 911 availability, and know your location.
- Have an escape plan. Ensure windows and doors are clear of obstruction and latches are in good working order.
- Never re-enter. Property can be replaced, people not so much.
- Have a multi-purpose fire extinguisher in an accessible location. Know how to use it and maintain regularly.

WILL MCGUIRK

**Install fire alarms and carbon monoxide detectors and change the batteries at the beginning of the season.** ISTOCK

START-UP OPERATIONS

## Important tips from the RV doc

Mike Touchette is the RV Doctor. He has been making house calls in his mobile RV ER for 25 years. He has six recommendations for RV start-up operations, after all prevention is the best medicine.

1: A propane leak test including a start-up run test of all propane appliances confirms proper regulator operation. Contact a certified RV technician for this. The certification is endorsed by the RV Industry Association and RV Dealership Association.

2: Bearing repack every two years or 10,000 miles. Time and heat can break down the grease, which is vital to the wheel bearings and a safe ride.

3: Check all seals and corner moldings including windows, compartments, lights, etc., for any openings in sealant. Leaks can be slight and minor but will grow and it's best to find them before that first wash or rain.

**For RV health, prevention is the best medicine.** ISTOCK

4: Check roof sealant and repair any damages done over the winter. As above, so to speak.

5: Flush antifreeze properly out of water system and use the water pump to pressure test and check for leaks.

6: Confirm all-important appliances are functioning two weeks prior to going camping. If repairs or replacements are required, you will need to factor in the time it takes to fix whatever issues are discovered.

For more information visit rvdoctormike.com.

WILL MCGUIRK

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# More than a good walk spoiled

PAR FOR THE COURSE

## Playing golf offers many health benefits

**Richard Woodbury**

**Carrying your own clubs and socializing with others are just two of the ways getting out on a course is good for golfers.** ISTOCK

With an 18-hole round of golf taking somewhere between four and five hours to play, one of the charms of playing is that the experience isn't rushed.

The myriad of health benefits is another bonus.

"There are quite a few of them," said Lori Dithurbide, an assistant professor in kinesiology at Dalhousie University and a golfer herself.

Some of the physical benefits are the calories burned, especially given how long it takes to play a round. The very act of swinging a club will help enhance strength and flexibility, so there are health benefits for people who are only riding power carts when playing, says Dithurbide.

She says for golfers who are carrying, pushing or pulling their clubs, they will burn more calories.

Another benefit is the sport is relatively low risk in terms of injury, says Dithurbide.

Playing golf is also good for the mind. This is in part because people tend to socialize with others when they play. "We know people who are more engaged and more social tend to be more healthy overall," said Dithurbide.

As well, golfing requires making active use of the mind. The game requires a lot of strategy as players constantly evaluate things such as their lie, wind speed and direction, and hazards on the course.

"You're problem solving pretty much the entire round," said Dithurbide.

The impact playing golf has on one's health was looked at in a 2009 Swedish study published in the Scandinavian Journal of Medicine and Science in Sports.

The study found that after adjusting for socioeconomic status, Swedish golfers had death rates that were about 40 per cent lower than that of the general population. This finding held true regardless of gender or age.

"To put the observed mortality reduction in context, it may be noted that a 40 per cent reduction of mortality rates corresponds to an increase in life expectancy of about five years," said the study.

The study was conducted by the Karolinska Institutet, a Swedish medical university.

Interestingly, the study found that golfers with the lowest handicap rates had the lowest death rates.

### GOLF BASICS

**Rules and terminology**

- Clubs: You play with drivers, irons, wedges and a putter.
- In golf negative scores are good. So two under par (-2) is better than two over par (+2).
- There are 18 holes and each hole has a par ranging from 3 to 5 strokes.
- Making par is when you get the ball in the hole in the listed par amount.
- So making a 3 on a par 3 would be a par.
- A birdie is one under par for the hole.
- A bogey is one over par for the hole.
- An eagle is two under par for the hole.
- A double bogey is two over par for the hole.

EOIN WELDON

ISTOCK

## 5 favourite Winnipeg courses

Matt Peters of Winnipeg rock band and Juno nominee, Royal Canoe, is an avid golfer and always finds time to play, even on tour. He sees a correlation between sport and music in the game.

"As a golfer, the moment of impact in the golf swing is your attempt at trying to contain and forget all of your little physical, mental, and emotional insufficiencies and create a shot. I think musical performance draws from that same well. To freely express yourself musically you have to find that same release," he says.

Metro asked Peters for his favourite golf courses around Winnipeg.

**Granite Hills**

"The most beautiful course in Manitoba. A bunch of the holes stretch out along Lac du Bonnet and the others run up into the rocky terrain that rises above the lake."

Located 20 minutes north east of Lac Du Bonnet off Cape Coppermine Road.

For more information, visit granitehills.ca.

**Steinbach Fly-in**

"I've got a soft spot for it because it's the course I play most frequently, but the open-design of the Fly-In keeps the game fun and rewarding while still being challenging. It's my favourite place to play."

Located at 350 Park Road East, Steinbach.

For more information, visit steinbachgolfclub.com.

**Quarry Oaks**

"Three distinct nine-hole sets with a little of everything. The Desert and Oak nines are my preferred choice. My average score on the par-4 8th on the Quarry nine is probably a snowman, so not my favourite — ruined too many good rounds there. It's stupid how a hole can just get in your head."

Located at 37142 Quarry Oaks Road, Steinbach.

For more information, visit quarryoaks.ca.

**Falcon Lake**

"This a nice little tree-lined gem in the Whiteshell. Lots of trees equals lots of lost balls, though. Bring your bag of scuffed up Noodles once you run out of ProVs."

Located in the Whiteshell Provincial Park, east of Winnipeg on the Trans-Canada.

For more information, visit falconlakegolfcourse.com.

**Pine Ridge**

"I've only played Pine Ridge once and I think I five-putted one of the ridiculous greens, but even still, it's a marvellous course."

RR#5, Winnipeg; For more information, visit pineridgegolfclub.com. WILL MCGUIRK

metro SPORTS

The Los Angeles Angels are reportedly close to signing Tim Lincecum, a two-time Cy Young winner trying to come back from hip surgery

# No rest for the weary

RAPTORS
EAST FINAL PREVIEW

## Fresh Cleveland team awaits battered Toronto club

It was a seven-game drag 'em out series that featured a slew of injuries and had coach Dwane Casey comparing it to a boxing match.

And now, just two days after finally knocking out the Miami Heat in a gruelling NBA Eastern Conference semifinal, the Toronto Raptors take the court against the well-rested Cavaliers.

The Raptors tip off their first-ever conference final on Tuesday in Cleveland, against a Cavs team that has enjoyed a nine-day break.

"You always take rest over rust in the playoffs," Casey said. "I've never been with a team that's had nine days off. Hopefully they're a little rusty and game-rusty. But sooner or later, that rest is going to kick in and be a plus for them.

"We have to go in with our guns a-blazing, playing hard and playing to our identity, and let the chips fall where they may."

The Raptors went the full seven games in each of the first two rounds of the playoffs, capped by their thrilling 116-89 victory over Miami on Sunday.

Top-ranked Cleveland has yet to lose in the post-season, sweeping Detroit and then Atlanta.

The Raptors have recent history on their side. They won the regular-season series against the Cavs 2-1, and saw big games from Kyle Lowry. Toronto's scrappy point guard averaged 31 points on 66 per cent shooting, and had the highest player efficiency rating of anyone who played at least 10 minutes a game against the Cleveland in the regular season.

But the post-season has been costly. Toronto lost starting centre Jonas Valanciunas to a badly sprained ankle in Game 3 against Miami. Casey confirmed he won't play in Game 1 and is unlikely to return for Game 2.

The Lithuanian big man is still limping badly, making it tough to see him returning at all in this series.

"I'd like to see (Valanciunas return), I'm not committing to it," Casey said. "Just have to see how his body reacts, comes through rehab. To cancel him out for the entire series, I don't know."

Without the starting centre's post-up presence, the Raptors will have their hands full with Canadian Tristan Thompson and Timofey Mozgov.

DeMar DeRozan is also battling a thumb injury that requires wrapping during every timeout to relieve the swelling by the team's sport science guru Alex McKechnie and his famous red shoelace.

DeMarre Carroll, who was acquired last summer for his defensive intensity, was huge in containing Dwyane Wade and Joe Johnson in Toronto's do-or-die Game 7. But he faces a mammoth task in containing Cavs star LeBron James. He also missed more than half the season with a knee injury, and then sprained a wrist in Game 5 against Miami.

"He's still kind of feeling his way as we go offensively, but his hustle, his hard play, his timely three-point shots are a big part of what we need and why we signed him," Casey said. "He's exactly what we need at that position, to guard some of the power threes in this league." THE CANADIAN PRESS

Raptors forward Patrick Patterson defends against Cavaliers point guard Kyrie Irving on Feb. 26. The Raptors won two of three games against the Cavs this season. CLAUS ANDERSEN/GETTY IMAGES

**77**

The Cavs hit 77 threes in their four-game sweep of Atlanta. The Raptors, on the other hand, were second last in defending the three in the regular season.

J.R. Smith

THE ASSOCIATED PRESS

NHL PLAYOFFS

## Sharks cry foul over refs' non-calls

The San Jose Sharks got just three power plays in their Game 1 loss to open the Western Conference final, and no call when Joe Thornton's bushy beard got tugged on by St. Louis Blues captain David Backes in the first period.

Coach Peter DeBoer didn't make a big deal about it Monday. Still, he believes his team deserved a lot more chances with the man advantage, and is hopeful referees will have a firmer grip in Game 2 on Tuesday night.

"St. Louis is one of the most-penalized teams in the league, regular season and playoffs," DeBoer said. "They need to call the game accordingly. Need to make them pay a price for being the most-penalized team in the power play, which we didn't last night."

**"Just seeing whose was real and making sure they weren't glued on**

Blues captain David Backes on tugging the beard of Sharks centre Joe Thornton

The Blues were the ninth-most penalized team in the regular season and they've got the second-most minutes in the post-season, although they've played more games than anybody.

Blues coach Ken Hitchcock, informed of those comments, wanted to know whether DeBoer was "whining for calls."

"Well, we were told not to whine for calls, so we're not going to whine for calls," Hitchcock said. "We'll play the game, we'll play it the right way, we'll play it honest, but we'll play it hard, let the refs decide."

Five minor penalties were called, three on the Blues, and there were none in the second period when the Sharks were at their best, ringing up a 16-6 shots advantage but coming up empty and falling behind for good on Jori Lehtera's unassisted goal.

THE ASSOCIATED PRESS

NBA

## Towns unanimously voted rookie of year

Minnesota Timberwolves centre Karl-Anthony Towns is the unanimous winner of the NBA Rookie of the Year award.

The league made the announcement Monday, giving the Wolves back-to-back honorees after forward Andrew Wiggins won the Eddie Gottlieb Trophy last season. The seven-foot Towns received all 130 first-place votes from a panel of sports writers and broadcasters in the United States and Canada.

New York's Kristaps Porzingis finished second, and Denver's Nikola Jokic was third.

Karl-Anthony Towns
GETTY IMAGES

The 20-year-old Towns averaged 18.1 points, 10.7 rebounds and 1.7 blocks, helping the Timberwolves win 13 more games than the season before. THE ASSOCIATED PRESS

**IN BRIEF**

**MLB officer: Discipline surely to follow big melee**

MLB chief baseball officer Joe Torre says discipline is obviously coming for those involved in Sunday's melee between the Toronto Blue Jays and Texas Rangers, "hopefully" as soon as Tuesday.

Torre said of the punch that the Rangers' Roughned Odor connected with the jaw of Toronto's Jose Bautista, "it certainly wasn't pretty and I hate seeing that stuff." THE ASSOCIATED PRESS

WORLD HOCKEY CHAMPIONSHIP

## Canada flawless through six games

Canada downed France 4-0 Monday at the world hockey championship, setting up a winner-take-all matchup with Finland for first place in Group B.

Calvin Pickard made 13 saves to pick up a shutout as Canada improved its record to 6-0, tied for first place in the group with the Finns at 18 points.

Canada and Finland meet Tuesday in the final round-robin game for both teams. The winner will face the fourth-place team from Group A in the quarter-finals.

In Group A action, host Russia recorded its fifth straight victory with a 3-0 win over Norway to move into a tie with the Czech team for first place with 15 points. THE CANADIAN PRESS

Preliminary round

| CANADA | FRANCE |
|---|---|
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# RECIPE Turkey and Sweet Potato Skillet Dinner

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

The marriage of savoury turkey and sweet potato is definitely charmed but it's the topping of gooey mozzarella that makes this easy dinner perfect.

**Ready in**
Prep time: 5 minutes
Cook time: 15 minutes

**Ingredients**
- 1 Tbsp olive oil
- 1 lb ground turkey
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 1/2 Tsps chili powder
- 1 1/2 cups yellow pepper, diced
- 1 1/2 cups sweet potato, peeled and diced
- salt and pepper
- 1/2 cup mozzarella, grated

**Directions**

**1.** In a large, oven-safe skillet, brown your turkey over medium heat, breaking it up as you heat it. Cook for about 5 minutes. Add onions and garlic and cook for another 5 minutes. Sprinkle the chili powder over top and give it all a good stir.

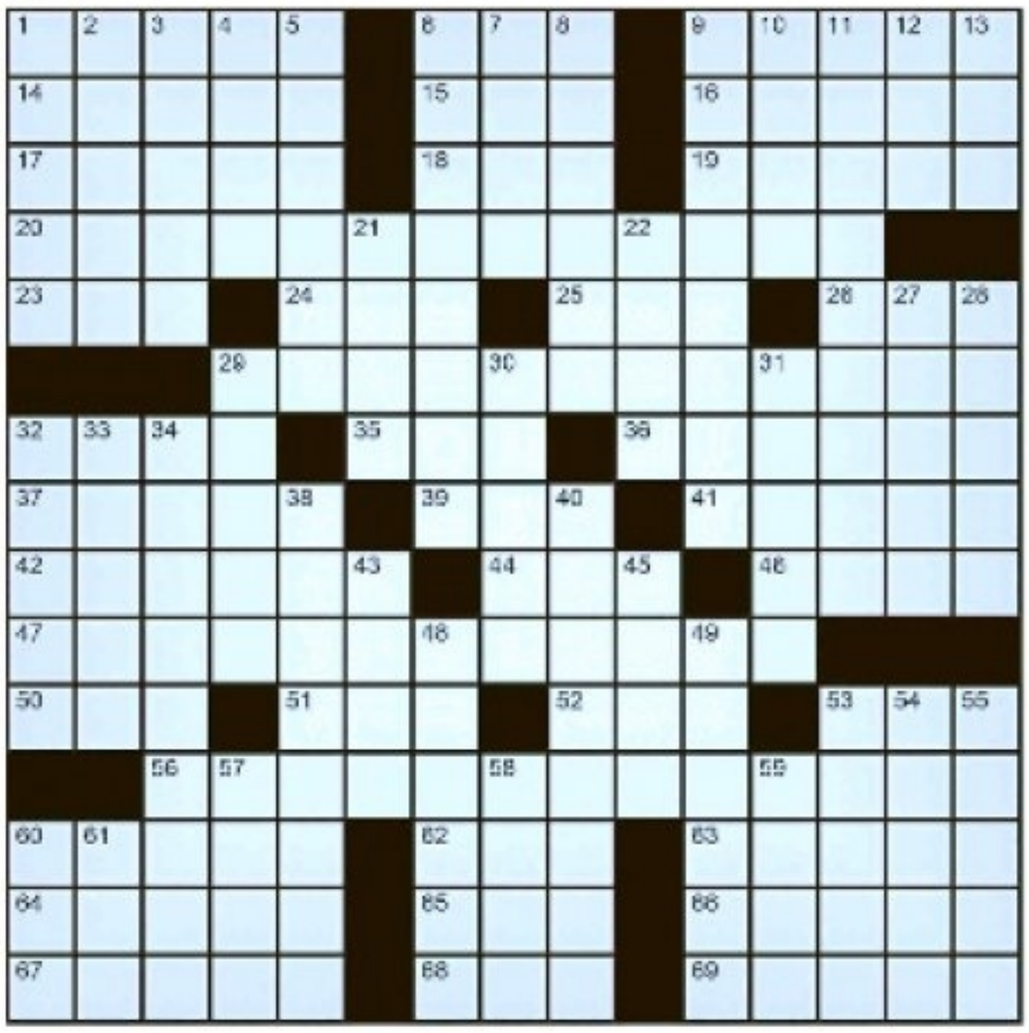
**2.** Add the yellow pepper and allow to soften for another 3 minutes. Stir in sweet potatoes, cover and cook for about 10 minutes. Stir occasionally and add a bit of water if things dry out. Check to see that sweet potatoes are tender. Add salt and pepper to taste.

**3.** Sprinkle the grated cheese over top. Turn broiler on. Place the skillet under the heat for a minute or two — watch it! — until the cheese melts and just starts to brown. Remove carefully from the oven and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Mr. Chipmunk of novelty tunes
6. Towel holder
9. __ the toy, as a kitten
14. Songstress Ms. Lewis
15. Prefix with 'dermis'
16. Figure of speech
17. Cordiality
18. Blokes
19. Skincare brand
20. She stars as Jason Priestley's character's wife on new Family Channel comedy "Raising Expectations": 2 wds.
23. __ break
24. Latin: At the age of [abbr.]
25. Prince William's li'l brother
26. Tip to 'doo'
29. 1986 movie starring the actress at #20-Across: 3 wds.
32. Italian actress, Virna __
35. "Phooey!"
36. Gas tank filler
37. Music: Speed up gradually, briefly
39. "__. _ & the Women" (2000)
41. Mediterranean island
42. "Hero" singer Ms. Carey
44. Poet mr. cummings, et al.
46. Prezzes
47. "Beverly Hills, 90210" character played by the Vancouver-born star at #20-Across: 2 wds.
50. School yr. part
51. Caesar's 56
52. "Lady Marmalade" co-singer
53. French 'friend'
56. The actress at #20-Across served detention in this 1985 hit flick, with The: 2 wds.
60. Los Angeles, __.
62. Traditional tree
63. Presses
64. Guitarist, Lenny __ (b.1941 - d.1984)
65. Alkali
66. "Open __" (2003) directed by Kevin Costner
67. Certain carpeting
68. Ireland's __ Lingus
69. Prod: 2 wds.

**DOWN**
1. Western starring Canadian actor Glenn Ford, "The Man from the __" (1953)
2. Fruit wedge
3. "Presto!"
4. Airport designation, e.g.
5. "The Big Bang Theory" star Kunal
6. Paid
7. Receptive
8. Small inflatable boat
9. 19th-century circus legend: initials + surname
10. Botanical casing
11. Kawartha Lakes community in Ontario
12. Pre-May mo.
13. Jeans top
21. Coral formation
22. Oliver Twist, for one
27. Two down, __ go...
28. Gumbo ingredients
29. __ the face (Slapstick maneuver)
30. Flung
31. Fuzzy fruit
32. Clarice Starling's flock
33. "Why should __?"
34. Jumbles
38. Soup serving amount
40. Preparer of Orange Pekoe: 2 wds.
43. Jay Z's "Izzo (_-_-_)"
45. Mr. Stallone, et al.
48. Electrical pioneer Mr. Tesla
49. Form of comedy
53. Sing-__
54. "In the Summertime" by __ Jerry
55. A Doll's House dramatist
57. US music trade org.
58. Ms. Dunaway
59. Rugged cliff
60. "Survivor" station
61. Mr. Onassis, tiny-ly

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20
This is a day for serious, practical discussions with partners, spouses and close friends. People want to strategize how things should be done in the future.

**Taurus** April 21 - May 21
You will accomplish a lot at work today because you're motivated. It's easy to put duty and obligations before play and fun.

**Gemini** May 22 - June 21
Romantic partners might discuss the division of labour or how to share expenses. This is because you are in a practical frame of mind and ready to address these issues.

**Cancer** June 22 - July 23
Someone older, perhaps a family member, might have practical advice for you today. Why not stand on the shoulders of those who have gone before you?

**Leo** July 24 - Aug. 23
Whatever work you do today, you will do carefully with attention to detail. This is because you want things to be more orderly in your life. Too much helter-skelter is draining!

**Virgo** Aug. 24 - Sept. 23
With cash flow, you will be practical today. You will not buy frivolous items. Whatever you buy will be long-lasting and useful — for sure.

**Libra** Sept. 24 - Oct. 23
Today the Moon is in your sign, dancing with Saturn. This makes duty, orderliness and hard work a priority. (Work hard, party hard!)

**Scorpio** Oct. 24 - Nov. 22
Research of any kind will go well today because you have the motivation to go after what you're looking for. You will pay attention to detail and maintain a steady focus.

**Sagittarius** Nov. 23 - Dec. 21
Ask advice from someone older, perhaps a friend. Whatever this person says might affect your attitude toward your future goals.

**Capricorn** Dec. 22 - Jan. 20
A discussion with a boss, parent or someone in a position of authority will go well today because you will respect what he or she has to say.

**Aquarius** Jan. 21 - Feb. 19
This is a good day to make travel plans or plans for future education. Work related to publishing, the media, medicine and the law will be productive because you mean business.

**Pisces** Feb. 20 - March 20
Tie up loose ends about taxes, debt, insurance issues and inheritance today, because you have the frame of mind to do this. You won't overlook details.

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9

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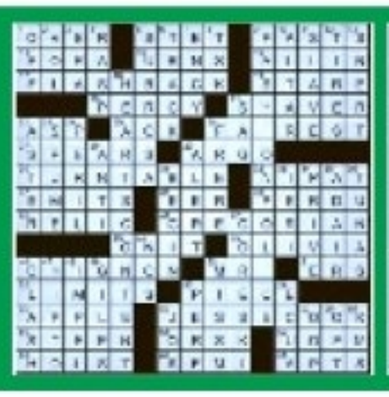

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